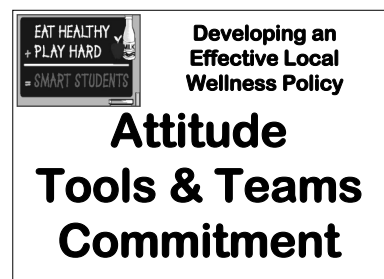
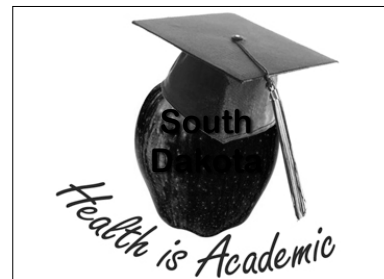
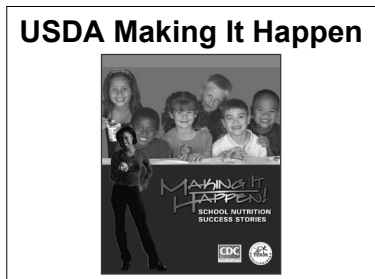
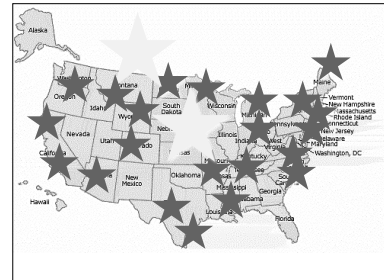


Developing Effective School Wellness Policies

South Dakota Team Nutrition ~ Coordinated School Health Program

Pierre, South Dakota - November 2005



Dayle Hayes, MS, RD
 Nutrition for the Future ~ EatWellatSchool@aol.com
www.montanadieticassociation.org/promo.html

Developing Effective School Wellness Policies

South Dakota Team Nutrition ~ Coordinated School Health Program

Pierre, South Dakota - November 2005

EAT HEALTHY
+ PLAY HARD
= SMART STUDENTS

**Developing an
Effective Local
Wellness Policy**

Reinvent NO wheels.

EAT HEALTHY
+ PLAY HARD
= SMART STUDENTS

**Developing an
Effective Local
Wellness Policy**

WHY ? WHAT ? HOW ? WHO ? WHEN ?

W H Y

Microsoft Clipart Gallery

10. Our kids are facing a weight, nutrition and health crisis.





**More than
overweight
kids**





Weighty Health Issues

- Overweight
- Overfed
- Undernourished
- Sedentary
- Diabetes (type 2)
- CVD risk factors
- Eating disorders

OVERWEIGHT in SD

PERCENT of kids who are
overweight or at risk of overweight

- 28.1 %** ages 5-8
- 34.4 %** ages 9-11
- 33.5 %** ages 12-14
- 32.5 %** ages 15-19

**Being overweight is
an academic issue**

- ✓ Overweight children have more school absences than children with a healthy weight.
- ✓ Overweight children report a lower quality of life.
- ✓ Weight-related teasing is a significant cause of bullying at school.

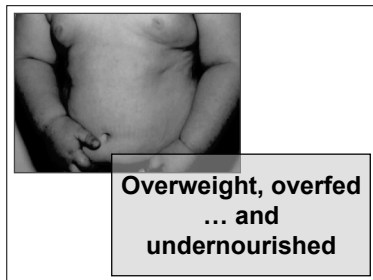


Dayle Hayes, MS, RD
 Nutrition for the Future ~ EatWellatSchool@aol.com
www.montanadieticassociation.org/promo.html

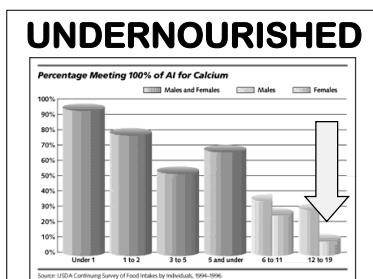
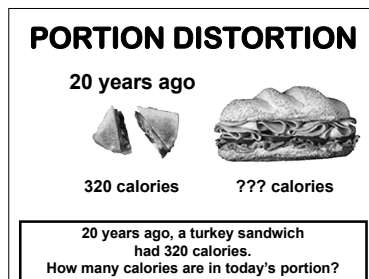
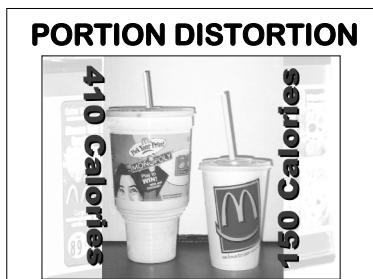
Developing Effective School Wellness Policies

South Dakota Team Nutrition ~ Coordinated School Health Program

Pierre, South Dakota - November 2005

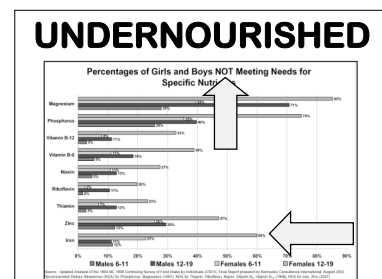


OVERFED
Over 40 percent of children's calories come from **ADDED** fat and sugar.



Importance of DAIRY:

- ✓ Kids who avoid milk more likely to be overweight & have fractures
- ✓ Higher milk intake in children associated with lower body fat



Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@aol.com
www.montanadieteticassociation.org/promo.html

Developing Effective School Wellness Policies

South Dakota Team Nutrition ~ Coordinated School Health Program

Pierre, South Dakota - November 2005

Being undernourished is an academic issue

- ✓ Optimal nutrition is necessary for optimal cognitive functioning.
- ✓ Zinc and iron (along with other nutrients) are critically important to brain function.
- ✓ Sub-optimal nutrition has been shown to affect academic performance and IQ scores.



SEDENTARY



Couch potato parents ... and tater tot kids

SEDENTARY

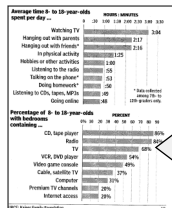
- ✓ Less PE in school
- ✓ More screen time
- ✓ Only 50% of kids get regular vigorous activity
- ✓ 14% of teens report NO physical activity

SEDENTARY



33 percent of 2 to 7 year olds have a TV in their bedroom

SEDENTARY



Too much TV is an academic issue

- ✓ Excessive screen time undermines children's education.
- ✓ Excessive screen time reduces the time that children have to read, interact with others, do homework, and explore the world around them.
- ✓ Kids who watch a lot of TV (with simple words and sentences) are missing out on the vocabulary they need to excel at school.



Type 2 DIABETES



"One in three children born in the US in 2000 will become diabetic ..."

CDC ~ 06/15/03

Type II diabetes is an academic issue

- ✓ Children with Type II diabetes have more school absences.
- ✓ Fluctuating blood sugar levels contribute to poor behavior and other school problems.
- ✓ Kids with Type II diabetes may need more intensive nursing services.



9. These problems have far-reaching consequences.




Dayle Hayes, MS, RD

Nutrition for the Future ~ EatWellatSchool@aol.com

www.montanadieticassociation.org/promo.html

Developing Effective School Wellness Policies
 South Dakota Team Nutrition ~ Coordinated School Health Program
 Pierre, South Dakota - November 2005

Is
student
health
the missing
link in school
improvement
?????



**8. School play a central role
in creating solutions.**



**????????????
 SOLUTIONS
 ????????????**

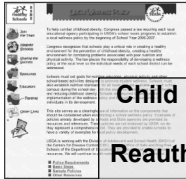
Real Solutions:
 FAMILY
 PRE-SCHOOL
SCHOOLS
 COMMUNITY
 HEALTH CARE
 INDUSTRY

South Dakota Families



**Fit,
Healthy,
and
Ready
to
Succeed**

**7. School wellness policies are
required beginning in 2006.**



**Child Nutrition and
WIC
Reauthorization Act
of 2004**

**WHY
did this
become a
law ...**

Senator Tom Harkin

*"On one hand, the specter of
malnutrition and hunger continues to
haunt millions of Americans,
especially children. At the same time,
we are confronted with a grave
public health threat in the form of
obesity and overweight, which are
quickly becoming a major threat not
just to individuals but to our Nation
as a whole."*

**6. Children naturally love to be
active and eat healthfully.**



Dayle Hayes, MS, RD
 Nutrition for the Future ~ EatWellatSchool@aol.com
www.montanadieteticassociation.org/promo.html

Developing Effective School Wellness Policies

South Dakota Team Nutrition ~ Coordinated School Health Program
Pierre, South Dakota - November 2005

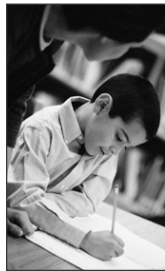


5. Nutrition and fitness help children behave well in school.



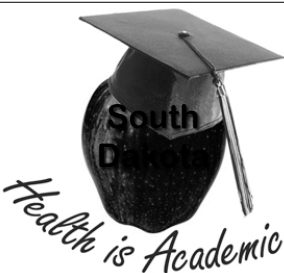
Nutrition and Fitness

- ✓ Reduce irritability
- ✓ Reduce anxiety
- ✓ Reduce depression
- ✓ Improve attendance
- ✓ Improve energy levels
- ✓ Improve behavior



**No
Child's
HEALTH
Left
Behind**

4. Nutrition and fitness improve academic performance.



**Nutrition
is an
ACADEMIC
issue.**

Nutrition and Fitness

- ✓ Reduce apathy
- ✓ Reduce infections
- ✓ Reduce absences
- ✓ Improve participation
- ✓ Improve test scores
- ✓ Improve academic success

Dayle Hayes, MS, RD

Nutrition for the Future ~ EatWellatSchool@aol.com

www.montanadieteticassociation.org/promo.html

Developing Effective School Wellness Policies

South Dakota Team Nutrition ~ Coordinated School Health Program

Pierre, South Dakota - November 2005

Academics

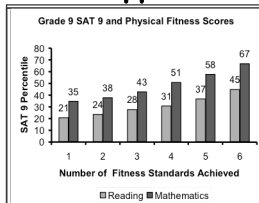
BOTTOM LINE:

**Kids need nutrition to
get information IN,
not just OUT
on test days.**



**Fitness
is an
ACADEMIC
issue.**

Research supports fitness



**3. Fit, healthy children are
happy successful children.**



**2. Healthy kids = healthy schools
= healthy communities.**



South Dakota Families



**Fit,
Healthy,
and Ready
to
Succeed**

**1. We must be
the change we
want to see in
the world.**

Dayle Hayes, MS, RD

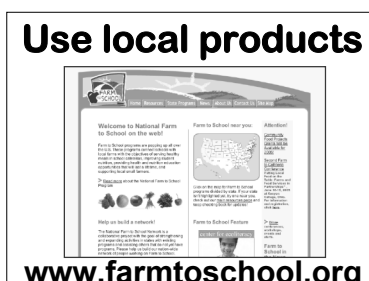
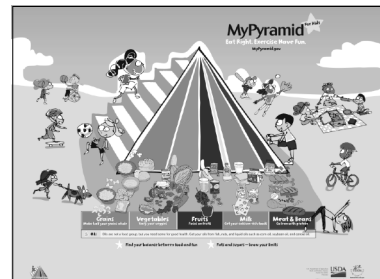
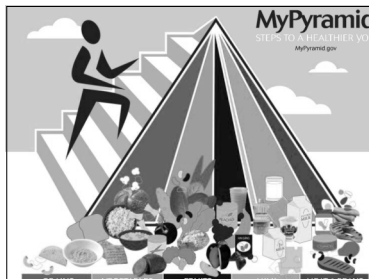
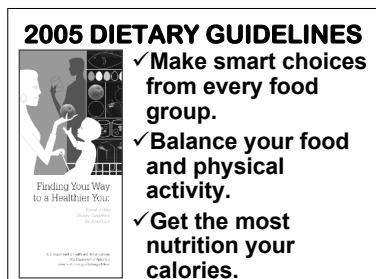
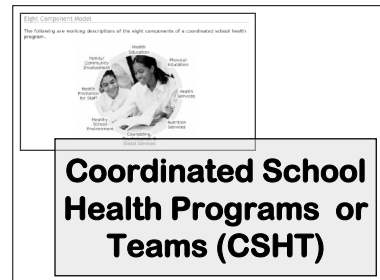
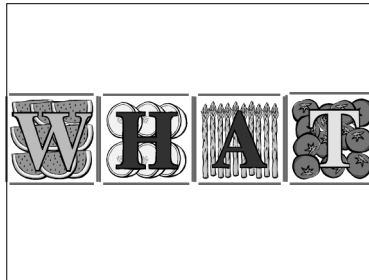
Nutrition for the Future ~ EatWellatSchool@aol.com

www.montanadieticassociation.org/promo.html

Developing Effective School Wellness Policies

South Dakota Team Nutrition ~ Coordinated School Health Program

Pierre, South Dakota - November 2005



Dayle Hayes, MS, RD
 Nutrition for the Future ~ EatWellatSchool@aol.com
www.montanadieticassociation.org/promo.html

Developing Effective School Wellness Policies

South Dakota Team Nutrition ~ Coordinated School Health Program
Pierre, South Dakota - November 2005

W H A T

Develop an effective Local Wellness Policy.


Model Wellness Policy
Approved by the South Dakota Board of Education
September 20, 2005

GOOD NEWS

W H A T


GOALS for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate

Implement a fruit and veggie education program for elementary students.



Mississippi

Implement a comprehensive nutrition education program.



Wisconsin

Develop a walking program for students, staff, and families.



Mississippi

Start a walk-at-school or walk-to-school program.



Michigan

Implement a before/after activity program for children.



Texas

Begin a recess before lunch program.



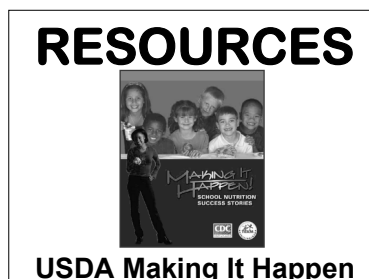
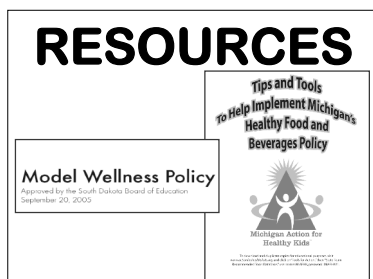
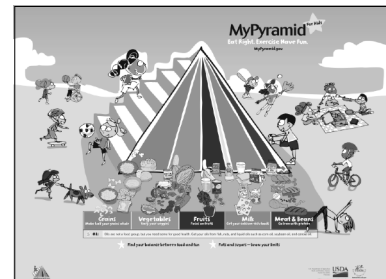
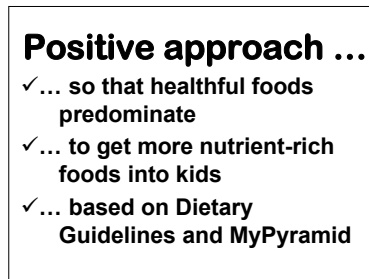
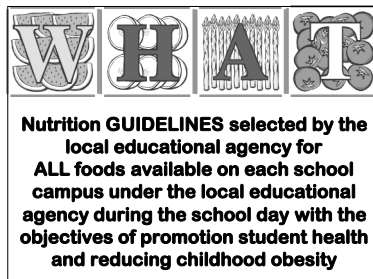
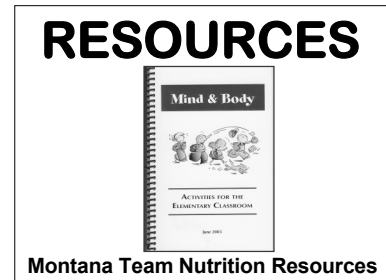
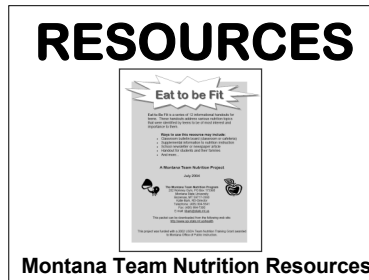
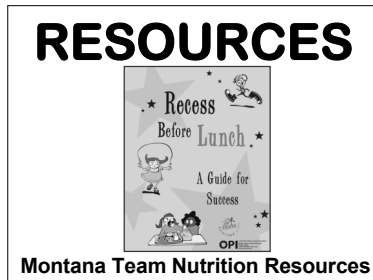
Idaho

Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@aol.com
www.montanadieticassociation.org/promo.html

Developing Effective School Wellness Policies

South Dakota Team Nutrition ~ Coordinated School Health Program

Pierre, South Dakota - November 2005

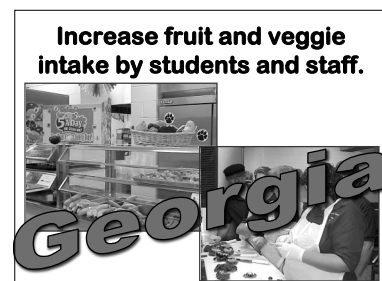
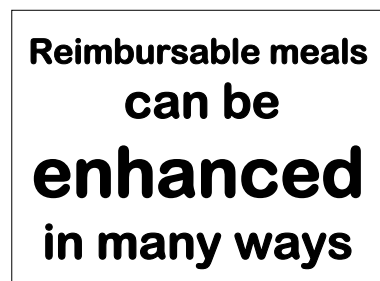
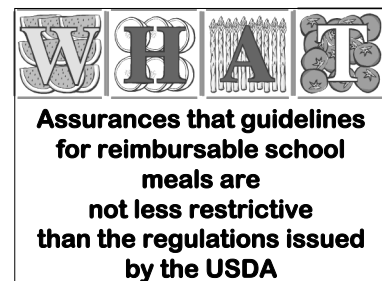
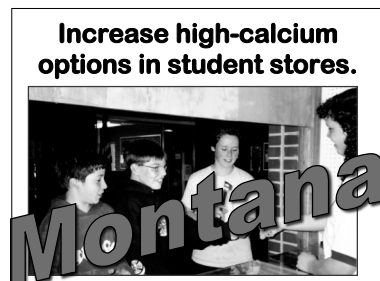
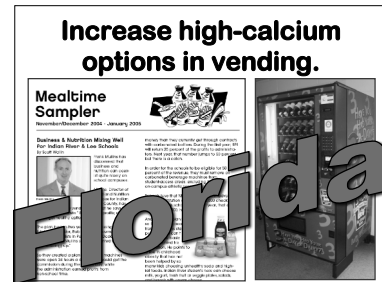


Dayle Hayes, MS, RD
 Nutrition for the Future ~ EatWellatSchool@aol.com
www.montanadieteticassociation.org/promo.html

Developing Effective School Wellness Policies

South Dakota Team Nutrition ~ Coordinated School Health Program

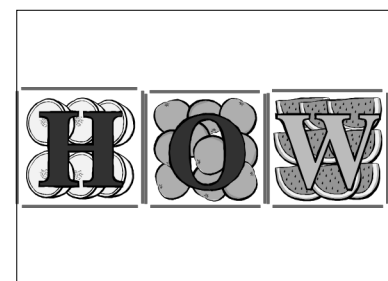
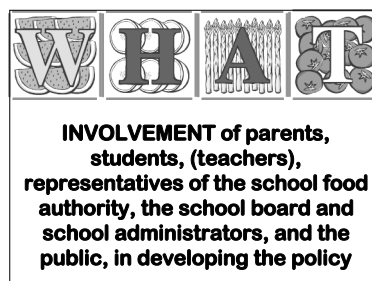
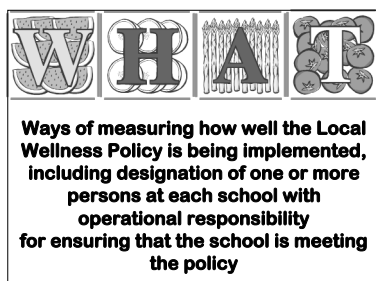
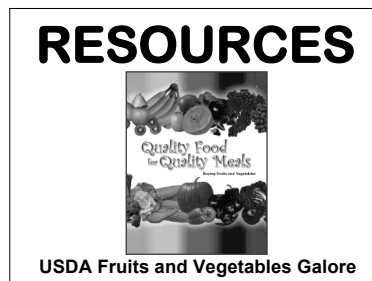
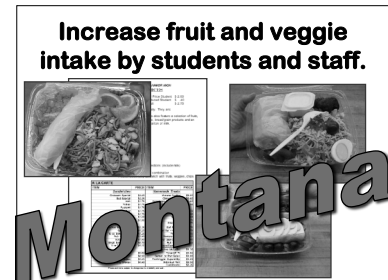
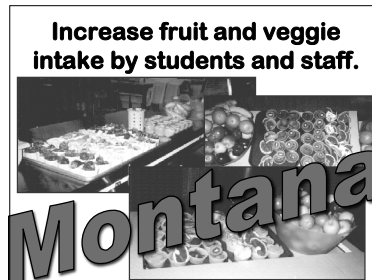
Pierre, South Dakota - November 2005



Dayle Hayes, MS, RD
 Nutrition for the Future ~ EatWellatSchool@aol.com
www.montanadieticassociation.org/promo.html

Developing Effective School Wellness Policies

South Dakota Team Nutrition ~ Coordinated School Health Program
Pierre, South Dakota - November 2005



Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@aol.com
www.montanadieticassociation.org/promo.html

Developing Effective School Wellness Policies
 South Dakota Team Nutrition ~ Coordinated School Health Program
 Pierre, South Dakota - November 2005

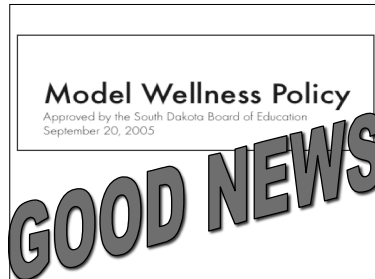
**View a Local
 Wellness
 Policy as an
 OPPORTUNITY.**

**Utilize the
 skills and
 connections of
 your **TEAM.****

A team approach ...

- | | |
|----------------------|----------------------|
| ✓ Students | ✓ Doctor |
| ✓ Families | ✓ Dietitian |
| ✓ Teachers | ✓ Therapist |
| ✓ Coaches | ✓ Dentist |
| ✓ Nurses | ✓ Orthodontist |
| ✓ Counselor | ✓ Public Health |
| ✓ Principal | ✓ YWCA/YMCA |
| ✓ Superintendent | ✓ Boys/Girls Club |
| ✓ Foodservice staff | ✓ Extension |
| ✓ After-school staff | ✓ College/University |

**Use the
 South Dakota
 MODEL POLICY
 for all its worth.**



**Understand your
 local policy
 APPROVAL
 PROCESS.**

**Next
 Steps ??**

Action Planning



Dayle Hayes, MS, RD

Nutrition for the Future ~ EatWellatSchool@aol.com
www.montanadieteticassociation.org/promo.html

Developing Effective School Wellness Policies

South Dakota Team Nutrition ~ Coordinated School Health Program

Pierre, South Dakota - November 2005

Coordinated School Health Team

- | | |
|----------------------|----------------------|
| ✓ Students | ✓ Doctor |
| ✓ Families | ✓ Dietitian |
| ✓ Teachers | ✓ Therapist |
| ✓ Coaches | ✓ Dentist |
| ✓ Nurses | ✓ Orthodontist |
| ✓ Counselor | ✓ Public Health |
| ✓ Principal | ✓ YWCA/YMCA |
| ✓ Superintendent | ✓ Boys/Girls Club |
| ✓ Foodservice staff | ✓ Extension |
| ✓ After-school staff | ✓ College/University |



**A team of
health champions
from the school and
the community**



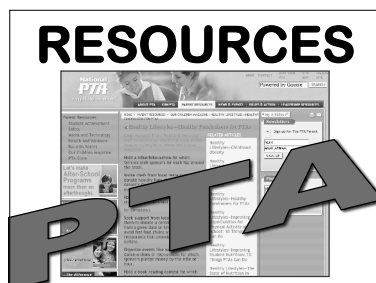
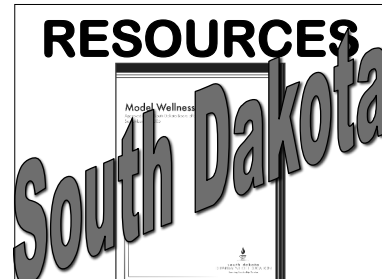
**People who ...
care about kids,
nutrition, and health.**



**People who ...
know about federal
nutrition guidance.**



**People who ...
know where to find
resources.**

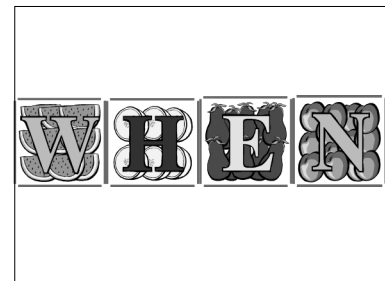
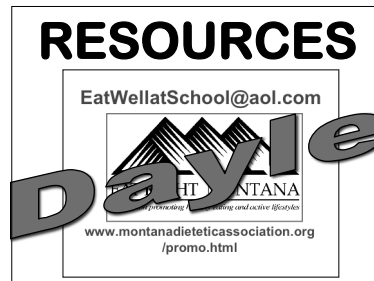
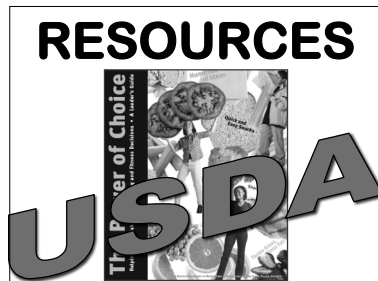
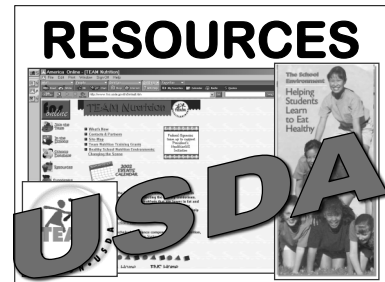
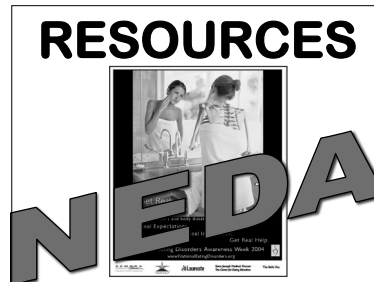
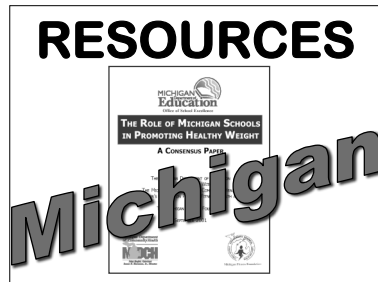


Dayle Hayes, MS, RD

Nutrition for the Future ~ EatWellatSchool@aol.com

www.montanadieteticassociation.org/promo.html

Developing Effective School Wellness Policies
 South Dakota Team Nutrition ~ Coordinated School Health Program
 Pierre, South Dakota - November 2005



Dayle Hayes, MS, RD
 Nutrition for the Future ~ EatWellatSchool@aol.com
www.montanadieteticassociation.org/promo.html

Developing Effective School Wellness Policies

South Dakota Team Nutrition ~ Coordinated School Health Program
Pierre, South Dakota - November 2005



Dayle Hayes, MS, RD

Nutrition for the Future ~ EatWellatSchool@aol.com
www.montanadieteticassociation.org/promo.html